

Frozen and Canned Food Benefits

Easy 3 Bean Salad

Ingredients:

- 15 oz can garbanzo beans
- 15 oz can kidney beans
- 15 oz can green beans
- 1/2 cup diced red onion
- 1/3 cup canola oil
- 3/4 cup white vinegar
- 2/3 cup sugar
- 1 tsp salt
- 1/2 tsp pepper

Directions:

1. Whisk oil, vinegar, sugar, salt, and pepper together in a large bowl.
2. Drain and rinse all beans
3. Add bean and diced onion to the same large bowl as the vinegar and oil mixture and toss to coat.
4. Refrigerate for 8 hours or overnight.
5. Drain off excess oil before consuming.

Nutrient Packed:

- Frozen and canned produce is processed at peak freshness, actually maximizing nutrient retention.
- Nutrients lost through the freezing and canning process vary by produce and generally small losses.

Reduced Food Cost

- Freezing and canning increases produce shelf life, which decreases the amount of money spent on food spoilage and waste.

Increased Variety in Meals

- Fresh produce is highly dependent on season and availability. Choosing frozen and canned produce allows freedom to eat a variety throughout the year regardless of season.



Extension
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